



THE EVOLVE METHOD

By Keep Evolving



What is The Evolve Method?

The Evolve Method is a personalised wellness approach that blends education, mentorship, and coaching to help you unlock your best health. This isn't just a program; it's a journey designed to support your evolution, grounded in science and delivered by trusted experts.

What's Included:

- **A Signature Course:** Choose from a range of wellness courses that match your needs, from nutrition and movement to stress resilience and self-care.
- **Coaching Packages:** Flexible options for one-on-one or small group coaching, designed to guide and support you through your wellness journey.
- **Community Connection:** Access to a private group (on Facebook or WhatsApp) where members share insights, join monthly webinars, and vote on topics that matter most.



Your Evolve Method Options

4 Sessions – R2,800 (R700/session)

Coaching with one primary mentor.

8 Sessions – R5,000 (R625/session)

Coaching alternating between a primary mentor and a second mentor.

12 Sessions – R6,600 (R550/session)

A guided experience with one primary mentor and two mentors (four sessions each).

16 Sessions – R8,000 (R500/session)

A comprehensive journey with a primary mentor and two or more mentors.

Our mentors specialise in areas like yoga, personal training, mindfulness, and nutrition, ensuring your path is holistic and tailored to you.

Note: The package rates below include health coaching and community support only. DNA tests and course fees are not included and can be added separately.

Meet the Evolvers

Our trusted mentors, known as the *Evolvers*, bring their unique expertise in yoga, fitness, nutrition, mindfulness, and lifestyle coaching to support your journey. Each mentor is carefully chosen for their skill and experience in guiding others through meaningful transformation.

You can learn more about each Evolver, their approach, and their specialities on our Evolvers page. *Click here.*





**Join us for a journey of self-discovery
and transformation.**

Together, we'll uncover your personal
blueprint for wellness - built on real
science, tailored guidance, and the
collective support of our community.

*Book Your Discovery Call or explore more
about The Evolve Method on my website.*

*The best investment you
can make is in yourself. – Warren Buffett*



Hear From Our Clients

[Click here](#) to watch this short video
to hear how others have
transformed their health and
well-being with
The Evolve Method.